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AN

Help to Prayer:

FOR THE

Catechiſed YOUTH

OF THE

CHURCH

OF

ENGLAND.

Very uſeful for Parents and Maſters to teach their Children and Servants how to Pray.

Imprimatur,

Martii, 22.
$167\frac{7}{8}$

Guil. Sill.

LONDON,

Printed by *M. C.* for *Henry Brome*, at the Gun at the Weſt end of St. *Pauls*. 1678.

PREFACE
TO THE
Christian Readers.

PRayer is the most comprehensive Instance of Religious Worship, which we all ought to give unto God from our Youth up, and (to say nothing of its other Benefit,) of greatest influence into a good and vertuous life. It is great pity therefore that any should neglect thus to Honour God and Profit themselves, for want of some plain and useful Help for the due performance of it.

Those that stand most in need of Assistance this way, are the younger and more ignorant sort of People, Children and Servants: whose Capacities are well to be considered of: That neither their understandings be confounded with things above their reach, nor their memories over-burthened with too great a length or variety.

And, for ſuch as theſe, methinks nothing can be more appoſite than the pious and wholeſome Direction of a Reverend Divine in his late Treatiſe of Prayer, That they would learn the Lord's Prayer, with the Explication of it, and the ſum of the Ten Commandments in the Church-Catechiſm turned into Prayer, and other ſhort comprehenſive Forms: and that Parents would be careful to teach their Children ſuch, and ſee they ſay them.

Dr. Brigh *Treat. of Prayer*, Cap. 5. Sect. 19. p. 387.

In purſuance of which Excellent Advice, I do heartily recommend the enſuing Platform to all whoſe hearts God ſhall incline to make uſe of it: where I have prefixed the open and perſonal Profeſſion of Chriſtianity it ſelf, according to our Baptiſmal Vow; a Point which I conceive of great uſefulneſs in it ſelf, and the greater ſtill, becauſe Confirmation is ſo much neglected.

This Religious courſe will make the Plain and Godly Principles of the Church Catechiſm

(*which*

which is too commonly despised) to take the deeper Root, and stick the faster in the minds and affections of those that have learnt it, and help exceedingly to reduce those fruitful Principles into practice: being a continual Monitor both of the threefold Engagement we are under as Christians, and the chief Rules we are taught to observe in Order to our discharge thereof.

I will say no more of it farther, but this, that it seems to me a good expedient against many extravagancies, which attend Arbitrary and Extempore Devotions: and may possibly train up a Generation of Honest and Orderly Christians to succeed us.

Only I must admonish those who make use of this Plat-form, these two things in the General.

I. That they bethink themselves what they are going about; namely to Address unto, and Worship the Great God of Heaven and Earth, who is present with them, though they see him not, to behold and observe all their carriage: and,

II. That they say and repeat every clause

Leisurely, Gravely, Distinctly; and labour to keep their Eyes from wandring, and their Thoughts as intent as may be, to the words they utter; and, as they grow in years, improve in the considering more deliberately of them, and being affected with them.

And so I leave this Charitable Help, intended for Beginners, to their kind acceptance, and God Almighty's Blessing upon the conscionable use of it.

AN

AN
Help to Prayer.

Fall down upon thy Knees with Reverence, and ſay;

GOD be merciful to me a Sinner!
Enter not into judgment with thy ſervant, O Lord: for in thy ſight ſhall no man living be juſtified.

A Form of daily acknowledging and confirming our Baptiſmal Vow.

I Do, before God and his Holy Angels, Acknowledg and Renew the Solemn Promiſe and Vow, made in my name at Baptiſm; and do verily think, that I am bound in Conſcience,

I. To renounce the Devil, and all his works, the Pomps, and Vanities of this wicked World, and all the ſinful Luſts of the Fleſh:

II. Heartily to Believe, and openly to profeſs, All the Articles of the Chriſtian Faith: and

III. To Keep God's Holy Will and Commandments, and walk in the ſame all the days of my Life.

And Thus, by God's help, I will do.
And I heartily thank our Heavenly Father, that

he hath called me to this ſtate of Salvation through Jeſus Chriſt our Saviour: that is, that he hath made me a Member of Chriſt, a child of God, and an Inheritour of the Kingdom of Heaven, upon theſe Gracious Terms and Conditions which are all for my greateſt Good.

But, knowing that I am not able to do theſe things of my ſelf, I pray unto God for his Grace, which he hath promiſed unto them that ask it, that I may both perform and continue in the ſame to my live's end. *Amen.*

Then ſay the Lord's Prayer.

OUr Father which art in Heaven,
Hallowed be thy name;
Thy Kingdom come;
Thy will be done in Earth, as it is in Heaven;
Give us this day our daily bread;
And Forgive us our Treſpaſſes, as we Forgive them that treſpaſs againſt us;
And Lead us not into Temptation,
But Deliver us from Evil;
For Thine is the Kindgdom, and the Power, and the Glory for ever and ever. Amen.

And add this Paraphraſe upon it.

O Lord God, our Heavenly Father, the Giver of All Goodneſs!

Send thy Grace, I beſeech thee, unto me and All people, That we may Worſhip Thee, Serve Thee, and Obey Thee, as we ought to do: even as Saints and Angels do in Heaven.

And I pray unto Thee, O God, That Thou wouldſt ſend

ſend us All things, that be needful, both for our Souls and Bodies; for this Life and a Better.

And that Thou wouldſt be Merciful unto us, and forgive us our Sins upon our True Repentance; As Thou haſt Commanded us, and by Thy Grace we are Diſpoſed to Forgive thoſe that Treſpaſs againſt us.

And that it will pleaſe Thee to ſave and defend us in all dangers, Ghoſtly and Bodily, That we be not hurt by the Aſſaults of the one or other.

And that Thou wouldſt keep us from all Sin and Wickedneſs; [which is the greateſt evil] and from that evil one, our Ghoſtly Enemy, [the Devil] and from Everlaſting Death; the moſt dreadful of penal evils, which is the due wages of Sin.

And all this, O Heav'nly King and Father; as Thou art able to do by Thy Power, ſo, I truſt, Thou wilt do for us of Thy Mercy and Goodneſs, which is Thy chiefeſt Glory, through our Lord Jeſus Chriſt: and therefore, to teſtifie both my earneſt Deſire and Hope, I ſay, *Amen.* So be it. So by the Grace of God it ſhall be.

In ſtead of the Creed this Doxology.

Then riſe up, and, inſtead of the Creed, which thou mayſt ſometimes alſo Rehearſe, ſay this Doxology *devoutly, which takes in the* Three things *that we* chiefly *learn from thence.*

Glory be to God, the Father of our Lord Jeſus Chriſt, the Creator, Preſerver and Governour of all things, viſible and inviſible, who hath made, doth Preſerve and Govern me, and all the World!

And

And to the Only-Begotten Son of that Eternal Father, who in the fulneſs of Time was made Man, and hath Redeemed me, and all Man-kind, with his moſt precious Blood!

And to the Holy Ghoſt, proceeding from the Father and the Son, the Sacred Spirit of Light, and Grace, and Comfort, who ſanctifieth me, and all the Elect people of God, that is, all true Chriſtians!

As it was in the Beginning, is now, and ever ſhall be, world without End. *Amen.* Lord, I believe, help Thou my Unbelief.

Then fall again on thy Knees, as before, and ſay

The X. Commandments turn'd into Prayer.

Have Mercy upon me, O Lord, have Mercy upon me, a miſerable Offender; for ever miſerable, without Thy Mercy; and incline my heart to keep all Thy Commandments, I beſeech Theee:

That I may both know and practice my bounden Duty.

The ſum of the firſt Table.

That I may Believe whatſoever Thou ſayeſt, who art Truth it ſelf; and fear to Offend Thy Majeſty; and love Thee above all, with all my Heart and Mind, and Soul, and Strength; That I may Worſhip Thee as Thou requireſt, in SPIRIT and TRUTH: that I may in every thing give Thanks unto Thee for thy Benefits; and at all times put my whole Truſt and Confidence in Thee; and

and in all my wants call upon Thee by Prayer and Supplication: That I may Honour Thy Holy Name, and Thy Word; and ſerve Thee truly, as on the Days ſet apart for thy Worſhip, ſo all the Days of my Life.

The Sum of the ſecond Table.

And that, for Thy ſake, I may love my Neighbours as my ſelf; and do unto all and every Man as I would they ſhould do unto me, in the like Relation and Condition of Life:

More particularly,

That, as a dutiful Child, I may Love, Honour and Succour upon occaſion, as I am able, my Natural Parents, Father and Mother:

That, as a Good and Loyal Subject, I may Honour and Obey the King, [the Father of my Country] and all that are put in Authority under him:

That I may ſubmit my ſelf to all my Governours, Teachers, Spiritual Paſtors, and Maſters:

That I may order my ſelf lowly and reverently to all my Betters:

That I may hurt no Body by Word or Deed; but be true and juſt to all my dealings:

That I may bear no Malice, nor Hatred or Revenge in my heart: [which is Spiritual Murther.]

That I may keep my hands from Picking and Stealing; which is often a ſtep to greater wickedneſs.

That I may keep my Tongue [that unruly Member] from evil Speaking, Lying, and Slandering; [ſo common in the World.] That

That I may keep my Body in Temperance, Soberneſs and Chaſtity; undefiled with Fleſhly luſts, ſuch as the Sins of Gluttony, and Drunkenneſs, Fornication and Adultery.

That I may not ſo much as Covet or deſire Other men's Goods; but learn and labour truly, [with Contentment and Diligence] to get my own living, and do my duty in that ſtate of Life, whatſoever it be, unto which it ſhall pleaſe Thee to call me. *Amen.*

Concluding with this Collect.

The Collect to be added hereto. O Almighty Lord, and Everlaſting God; Vouchſafe, I beſeech Thee, to Direct, Sanctifie, and Govern both my Heart and Body, in the Ways of theſe thy Holy Laws, and the Works of Thy Commandments; that through thy moſt Mighty Protection, both here and ever, I may be preſerved in Body and Soul, through our Lord and Saviour Jeſus Chriſt. *Amen.*

Then ſay the Collect for Morning, *or* Evening.

For the Morning.

O Lord, and Heavenly Father, Almighty and Everlaſting God, who haſt ſafely brought me to the beginning of this Day; [for which I bleſs thee] defend me in the ſame with thy Mighty power; and grant, that this Day I fall into no Sin, nor run into any kind of danger; but that all my doings being ordered by Thy Governance, I may do always that which is righteous in Thy ſight, Through Jeſus Chriſt our Lord. *Amen.*

For the Evening.

Lighten my Darkneſs, I beſeech Thee, O Lord [and

[and Father of Lights] and by thy great Mercy defend me from all Perils and dangers of this night, for the Love of thy only Son, *my Saviour, Jesus Christ.* Amen.

Then Recommend thy self, Relations and Friends to God's Blessing, Thus,

The concluding Benedictions. God the Father, God the Son, God the Holy Ghost, whose I am, and whom I serve; in whose Name I was Baptized, and to whose Faith and Fear I am devoted, Bless me both in Soul and Body, Prosper the work of my hands, and the way of my goings; and together with me, Bless my Sovereign Lord the King, with all the Royal Family, and all that Minister under him, both in Church and State; my Honoured Parents, and those in their place and stead; my Father and Mother, Grand-father and Grand-Mother, God-Fathers and God-Mothers, Uncles and Aunts, my Brothers and Sisters, with the rest of my natural Kindred and Relations; my Master and Mistress, all my Benefactors and good Friends; the Family wherein I am and all the Neighbourhood about me; with all Blessings Temporal and Spiritual, Now and Ever. *Amen.*

Thy Grace, O Lord Jesus Christ, Thy Love O Heavenly Father; Thy in-lightning, Sanctifying and Comforting Fellowship, O Sacred Spirit, be with me, and all I should pray for, This day [or this night] and Evermore. *Amen, Amen.*

THE END.

Postscript.

Poſtſcript.

IF this courſe of Prayer ſeem too *long* for any, they may ſometimes omit one part, and ſometimes another; but ſo, as to reaſſume them at times of greater vacancy and leiſure, ſuch as Sundays and Holy-days; wherein I adviſe to uſe them all.

And, if any, on the other ſide, think them too *ſhort*; They have a farther ſupply at hand in the Publick Liturgie; out of which I recommend to them theſe particular Prayers and Collects to be gotten without Book.

{ The Prayer for all Conditions of men,
and
The General Thanks-giving.

Then before they read in their Bibles, or go to Church to Hear, This Collect.

Bleſſed Lord, who hath cauſed all Holy Scriptures to be written for our Learning: Grant that we may in ſuch wiſe Hear them, Read, Mark, Learn, and inwardly Digeſt them, that by Patience and Comfort of Thy Holy word we may embrace, and ever hold faſt the Bleſſed Hope of Everlaſting Life, which thou haſt given us in our Saviour Jeſus Chriſt. *Amen.*

After Reading or Hearing, This.

Grant, we beſeech Thee Almighty God, that the Words which we have this day Read [or Heard with our outward ears] may through thy Grace be ſo grafted inwardly in our Hearts, that they may bring forth in us the Fruit of good living, to the Honour and Praiſe of thy name, through *Jeſus Chriſt* our Lord. *Amen.*

Grace

Grace *before Meals.*

O God, in whom I Live, and Move, and have my Being, bleſs thy good Creatures, I beſeech Thee, to my Uſe, and me to thy Service, through Jeſus Chriſt. *Amen.*

After Meats.

The God of all Power and Glory, who hath Created, Redeemed, and at this time plentifully fed me, His Holy Name be Bleſſed and Praiſed for ever. *Amen.*

Upon all occaſions, Theſe Pious Collects.

Lord of all Power and Might, who art the Author and Giver of all good things, graft in our Hearts the Love of thy name; increaſe in us true Religion; nouriſh us with all Goodneſs, and of thy great Mercy keep us in the ſame; through Jeſus Chriſt our Lord. *Amen.*

Almighty and Everlaſting God, who hateſt nothing that thou haſt made, and doſt forgive the ſins of all them that are Penitent; Create and make in us New and Contrite Hearts, that we, worthily lamenting our Sins, and acknowledging our Wretchedneſs, may obtain of Thee, the God of all Mercy, perfect Remiſſion and Forgiveneſs; through Jeſus Chriſt our Lord. *Amen.*

Almighty God, who haſt given Thine only Son to be unto us both a Sacrifice for Sin, and alſo an Example of Godly Life; give us Grace, that we may always moſt thankfully receive that his ineſtimable Benefit; and alſo daily endeavour our ſelves to follow the Bleſſed ſteps of his moſt Holy Life, through the ſame Jeſus Chriſt our Lord. *Amen.* [*With many others.*]

FINIS.

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Books Printed for Henry Brome, *at the* Gun *at the West-end of* St. Pauls. 1678.

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